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Condom Fashion Show
Review on page 9

CWU works to combat hate

By Ray Payne

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A coordinating member of the Southern Poverty Law Center (SPLC) brought anti-hate messages to CWU last Monday, Feb. 13, as part of a Not In Our Kittitas County (NIOKC) event.

SPLC's outreach director Licia Brooks leads key initiatives and social justice issues.

Brooks gave a presentation in the SURC Ballroom on the current status of hate groups in the

United States and specifically the Pacific Northwest.

Brooks started the presentation off with a brief overview of black history and the history of the SPLC and some of their famous cases.

She also spoke on the growth in hate and bias incidents that the SPLC said occurred since the election.

"A lot of these incidents happened on college campuses," Brooks said.

The SPLC has recorded 1,372 bias incidents between the day after the election and Feb. 7.

Brooks said that only 13 of these self-reported incidents have been proven fraudulent.

Of all of the incidents, the types that were reported the most were anti-immigrant, anti-black, anti-Muslim, anti-LGBTQ, swastikas and general Trump-related comments.



Jack Lambert/The Observer

Licia Brooks talks to faculty and students during a visit to CWU this week.

- See "NIOKC" page 3

CWU'S EVENING ENTERTAINMENT

Students packed the SURC Pit and Ballroom last Thursday and Friday nights for Ellensburg's own rock band CobraHawk and nationally known comedian Mad Chad Taylor, who took to the stage to perform in back-to-back nights of entertainment.

- See full story on pages 6-7



Xander Fu/The Observer

Students take the stage for Showtime at Central

By Tim Mitchell

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Singing and spoken word echoed through the SURC Theater on Friday, Feb. 10, as students auditioned for "Showtime at Central," a remake of the nationally-televised "Showtime at the Apollo," which was broadcast from the Apollo Theater in Harlem, New York City.



McKenzie Lakey/The Observer

Historically, "Showtime at the Apollo" served as a catalyst for African-Americans to earn national recognition as professionals in arts and entertainment.

At 13 years old, Lauryn Hill was booed off the Apollo stage as an "Amateur Night" contestant in 1988. Today, Hill has sold millions of records as a Grammy-awarded solo artist and member of the hip-hop trio The Fugees.

"Showtime at the Apollo" also had its share of celebrity guest appearances, with performances from the late jazz artist Al Jarreau, Mariah Carey, N.W.A, Nas and Run-DMC.

Jaena Davis, junior musical theatre major, described the Apollo as being "the first stage that African-American individuals could perform on." Davis serves on the executive board as a programmer for CWU's Black Student Union (BSU).

- See "Showtime" on page 8

CWU shoots for a win in rivalry game

By Rachel Greve

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The CWU men's basketball team is hoping to snap its seven-game losing streak Thursday in a tough matchup against a nationally ranked Western Washington University (WWU).

CWU lost its first game to WWU 100-89 at Whatcom Community College.

"This game means a lot," junior guard Jawan Stepney said. "Everyone always talks about this is the biggest game of the year and this rivalry one of our biggest checkpoints of the year."

In the past five years, CWU has only won three of 11 matchups, two however were home at Nicholson Pavilion.

That record is the least of the Wildcats' concerns.

"The biggest thing is we have to stay as positive as we can," head coach Greg Sparling said. "We aren't shooting the ball as well as we can. We need to start working on what got us to 12-3."

WWU is currently on a two-game winning streak and holding on tight to the No. 1 spot in the GNAC with a 13-3 conference record.

- See "Rivalry" on page 10



Xander Fu/The Observer

Dom Hunter (right), a senior guard, drives to the hoop during practice.

EVERGREEN SCENE



Elizabeth Weddle/The Observer

Marijuana Mondays will help students understand how dispensaries work, how marijuana affects the brain, and what Washington’s policies are.

Marijuana Mondays educates students during Marijuana Awareness Month

By Jon Olsen-Kozioł
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CWU is doing its part to educate students on marijuana. The Wellness Center is hosting Marijuana Mondays as a part of marijuana awareness month this February.

These events are aimed at educating people on marijuana related issues.

Kelly Cronic is hosting and speaking at each event. Cronic is a public health major and is interested in going into drug policy when she graduates from CWU.

Cronic wants to bring a bi-partisan perspective to the marijuana conversation.

The first event held was a mock dispensary aimed at teaching people about the stuff you can buy inside of a dispensary. Around 60 people showed up, Cronic said.

“It didn’t hit as many people as I thought it would,” Cronic said.

The next event was marijuana and the brain. Over 55 people showed up which was more

than they had planned for.

“We had to put extra chairs on the side, so that was cool,” Cronic said.

Marijuana is still a Schedule I drug, meaning it’s deemed to have a high level of abuse and have no accepted medical use, according to the Drug Enforcement Agency’s website.

This makes research hard to conduct and limits availability to the public.

“It’s ridiculous actually,” Cronic said.

Members in the audience were curious of the discrepancy between state and federal legality. The question of why people use marijuana for medical purposes if the government says it has no medical use, was brought up more than once, according to Cronic.

Joel R. Ortega attended marijuana and the brain looking for a bias free perspective on marijuana.

“I’ve found research that is biased and follows along previous prohibition propaganda. I was curious if this would be similar,” Ortega said.

Students also inquired about

marijuana’s addictive properties. It is addictive, but far less than other substances, according to Cronic. There is an endocannabinoid system in the human brain, and this makes it easy for the body to wean off marijuana.

Ortega is more comfortable with his marijuana use following Cronic’s presentation.

“I can narrow the potential risks of using it,” Ortega said.

The next event is on policy and procedure. The first half will focus on the evolution of marijuana’s legality in Washington, according to Cronic.

The last half will be a Q&A with a panel of people including a CWU police officer, a residence assistant and Doug Fulp, M. Ed, the Health Educator at the Wellness Center.

Cronic will ask them questions about how marijuana’s legality has changed policies for their respective jobs.

The last event will be about how marijuana compares to other recreational drugs like cocaine and alcohol. Both will take place in SURC 140 at 7 P.M.



Observation Deck

Fake news is destroying trust in student media

In early American journalism, the publication of false and sensational news wasn’t something that was solely found in off-the-wall magazines—it was a common go-to as media moguls competed for readership.

Yellow journalism, the official name for this type of sensational news, slowly faded out while some of the greatest and most trusted journalism replaced it. Household names such as Edward R. Murrow and Walter Cronkite settled into the Golden Age of journalism.

As a journalist, I would be more than happy to tell you that the news you see every day is entirely accurate and that media industries have only expanded further upon the legacy that has been left by some of our predecessors.

Unfortunately, that is not the case.

We live in a time where journalistic integrity is more crucial than ever, and yet, our media is filled with holes of information that can tend to scare readers astray.

Last year alone, Facebook users shared fake news about the U.S. election (and politics in general) approximately 10.6 million times. According to Buzzfeed, that’s almost half of the 21.5 million shares, reactions and comments total generated on those stories.

One recent example of the rapid sharing of fake news occurred when a news outlet from the Dominican Republic mistook Alec Baldwin for President Trump in a photo that they ran.

While many of the reactions to the error fell on the side of humor, this kind of mistake is just one of many that could lead to more detrimental effects on society.

The issue of ethics and morality in reporting tend to be called into question when situations such as this arise.

The Society of Professional Journalists actually maintains a Code of Ethics that most journalists adhere to, with primary

pillars based upon our duty to “seek truth and report it” and “be accountable and transparent.”

Since the Observer is a learning tool for new journalists, we make it a point to diligently cover and adhere to this Code of Ethics.

Everyday we strive to maintain this moral and ethical ground in the work we do, and encouraging student media to focus on these values is crucial for the future of journalism.

As the up-and-coming generation of journalists, if we fail to meet the standard of journalistic integrity that the nation once turned to for clarity, how can we decipher with any certainty the truths of the world around us?

False or even sensational news is a danger to society. A democratic republic of individuals must remain properly informed on the events and topics impacting their daily lives—the very job that falls to a journalist.

Journalists are the Fourth Estate and the watchdogs of the society we live in, but journalists also need support from the community they are representing.

Without the community being open and willing to talk about occurrences affecting their lives, or reaching out to news outlets when they believe information is skewed or misinterpreted, journalism will fail.

Our relationship to the community is ultimately the deciding factor in whether our reporting remains accurate and concise. In order for this relationship to work, we must trust that we are being honest with one another.

As the upcoming generation of journalists and watchdog reporters, we need your vigilance as well as your trust.

Together we can help curb this alarming trend of careless reporting along with the communal apathy directed at the news we see everyday.

-McKenzie Lakey
Editor-in-Chief

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Corrections: In the previous issue, on page eight, the story “They have the brass” incorrectly credits Josh Bell as the leader of trumpet club: Bell is the treasurer for trumpet club.

Editorial policy: The Observer is a public forum for student expression, in which student editors make policy and content decisions. The mission of the Observer is two-fold; to serve Central Washington University as a newspaper and to provide training for students who are seeking a career in journalism. The Observer seeks to provide complete, accurate, dependable information to the campus and community; to provide a public forum for the free debate of issues, ideas and problems facing the community at large, and to be the best source for information, education and entertainment news. As a training program, the Observer is the practical application of the theories and principles of journalism. It teaches students to analyze and communicate information that is vital to the decision making of the community at large. It provides a forum for students to learn the ethics, values, and skills needed to succeed in their chosen career. If you have questions call (509) 963-1073 or e-mail us at cwuobserver@gmail.com

NEWS

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Jack Lambert/The Observer

CWU police collaborate with the Kittitas County Sheriff's office to create a more "cohesive response to criminal complaints."

County and CWU police work to benefit the public

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The Kittitas County Sheriff's office works with local and campus police in Ellensburg which creates both advantages and problems. But how do authorities collaborate with each other? "All the law enforcement agencies work well together," said Kittitas County Undersheriff Clayton Myers. "The benefit to the public is they get a more cohesive response to criminal complaints."

Patrol Captain Jason Berthon-Koch has worked for CWU since 1999 and attributes the great relationship between organizations with the scale of

the region they cover and how well they work together.

"Quite frankly, large events that happen, we are gonna rely on every agency in this county, as well as they are going to rely on us," Koch said.

Operations Captain Dan Hansberry of the Ellensburg Police Department also had a positive view of the alliance between the different organizations.

"This community has the luxury of these agencies all getting along, including the fire department," Hansberry said.

Koch said that his department involves themselves with teaching, contrary to the impression that they are there just to enforce the law.

"We are not only a police department, but we are a resource," Koch said.

In similar fashion, Hansberry cited the Citizen's Academy which educates the population on what the Ellensburg Police Department does and the problems they face. "Quite simply, we are here to help ensure everybody who lives and visits Ellensburg is experiencing a good quality of life," he said.

CWU Police Chief Mike Luvera said that there are some teachings that go on within the different agencies that they provide for each other.

"There is probably half a dozen solid topics that we offer out to each other, every year to train on," Luvera said.

NOT IN OUR KITTITAS COUNTY

"NIOKC" from page 1

The places that Brooks said these events mostly occurred at were K-12 classrooms, businesses, universities, on the street and on private property.

Brooks described the fact that these events were reported in classrooms and on campuses as "disturbing."

According to the SPLC, close to 100 colleges have been seeing white nationalist fliers on their campuses.

Brooks also talked about the SPLC's coverage of hate groups.

According to the SPLC, there are close to 917 active hate groups in the United States and the number of hate groups has gone up by 25.

One group, the American Vanguard, was said to be responsible for the college fliers and has been trying to recruit on college campuses since the election.

Another group that was identified was Identity Europa, which has a speaker who goes to college campuses advertising white separatism.

A shift in demographics is the reasoning behind the growth in hate groups, Brooks said.

Two people who Brooks said to watch for on the emerging white nationalist front are Richard Spencer and Milo Yiannopoulos.

According to Brooks, the two are currently making it their mission to spread white nationalism on college campuses.

"No group should be promoting racial separation, and that is their message," Brooks said.

She referred to Spencer as a "professional racist in khakis."

Spencer currently runs a group called the National Policy Institute.

"What is it going to take for people to realize something serious is going on here?"

Brooks asked.

As for Yiannopoulos, she criticized his college tours and the reasoning for student groups that invite him to campus.

Brooks ended her presentation with tips on how to handle events where someone may witness hate or bias.

The most important things to do are to assess, record and report the situation.

The overall presentation had an underlying theme of urgency to it.

"It's not enough to say that it's not me, I don't believe in it, it's ridiculous, we have to find ways to stop it," Brooks said.

"It's not enough to say that it's not me, I don't believe in it, it's ridiculous, we have to find ways to stop it."

-Lecia Brooks, SPLC Director of Outreach

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NEWS

EDITOR: KAILAN MANANDIC | news@cwuobserver.com



Arber Demiri/The Observer

Lind Hall is currently undergoing renovations as construction crews tear down walls and replace obsolete utilities. The hall should be ready by May 31.

Lind Hall on track for department shift

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Lind Hall used to house the physics and geology departments. Now the 44,830 gross square feet building is on its way to being completely renovated. The communications department and ROTC will be moving into Lind Hall in June. In Bouillon Communications will be on the first floor and ROTC on the second floor. Physics moved into the new Science II building last fall. “Planning the construction and renovation, meeting with

contractors and employees and scheduling cleaning and moving has been a complex process,” said Bill Yarwood, Central’s director of facilities planning and construction services, in a press release. Joanne Hillemann, the project manager during the document phase of the Lind Hall renovation, said all the documentation went smoothly. The renovation for Lind Hall started Dec. 9 2016 and is right on schedule to finish on May 31 she said. The renovation of Bouillon, which will become a “one stop shop” for student service once communication moves to Lind

and Math moves to the new Samuelson building Fall 2018. Hillemann is also involved in many other projects going on around campus, including Science Phase II and other renovations to older buildings. When it comes to Lind Hall, “we are pretty much renovating the whole building,” Hillemann said, “It’s on time and going well.” The communications department and ROTC will be moving into Lind Hall in June. In Bouillon Communications will be on the first floor and ROTC on the second floor.

CWU.edu updates

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CWU’s new website designs allows users to journey through the online pages easier. On Feb. 6, the new website officially launched. The biggest advantage to the update is the ability to access the website through a mobile phone. Something that was absent limited on the previous website, said Linda Schactler, vice president of public affairs. A redesign of the website involves more graphics and a more intuitive functionality she said. “One of the realities of hosting a web page is that you’re always revising and updating it to make it as useful as possible,” Schactler said. “Our goal for this re-skinning of the pages is to give our pages a more contemporary appearance and to make them easier to use.” Schactler said any user who finds a problem, such as a dead

link or outdated information, is encouraged to contact the Department of Public Affairs at 509-963-1221. The new design and content of the new CWU.edu site are based on the best industry practices for university’s chief business communication tool. The website has more than 700,000 page views per week. The new site spotlights high-traffic locations on the CWU website, based on analytics from admissions, financial aid, housing, and the registrar’s office. Throughout the year the website will update with different phases, later on this year an update will revise the design and content on all university web pages. Enrollment at CWU is now 11, 933 making it one of the fastest growing universities in Washington. Central is ranked first in the state for value by the Economist magazine. This means that the structures around us must change and flow with the times, Schactler said.



The new CWU website is designed to improve and optimize the user experience.

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OPINION

EDITOR: McKenzie Lakey | editor@cwuobserver.com

Did privilege win Adele album of the year?



By Ryan Kinker
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The 59th annual Grammys took place Sunday night and the ceremony left me thinking about the way we all appreciate music. I'm an average, white male who has a hard time seeing every day privilege and even I was able to perceive that the Grammys created another example that privilege is tied to music appreciation and choice.

My favorite band for the past few years has been a group called Modern Baseball who formed in Philadelphia in 2011.

They are everything you could look for in an emo group (and no, I don't mean the weird phase of emo in the mid-to-late 2000s with My Chemical Romance and Fall Out Boy, but the original emo consisting of nerdy college guys in 90s bands such as American Football, Texas is the Reason and Mineral): gut-wrenching and personal lyrics, memorable guitar riffs and absolutely horrible, nasally-sounding vocalist.

Modern Baseball's songs detail break-ups, death of family members, general apathy and struggles with mental health. Unfortunately for me, and for many other fans of emo and punk music, the songs we love are heavily entrenched in both white and male privilege.

While Modern Baseball's two lead singers, Brendan Lukens and Jake Ewald, are very outspoken about their support of an inclusive scene and the abolishment of elitist misogynistic thinking and songwriting, the scene as a whole is still primarily comprised of white men in their 20s and 30s.

This is not necessarily the fault of any one person or band and there are huge exceptions to the rule in bands/artists such as PWR BTTM, an amazing queer punk duo, and solo acts Julien Baker and Allison Weiss, but music is created and appreciated by those who can relate to the problems discussed.

Blink-182 has many songs such as "Stay Together for the Kids" and "Adam's Song" that focus on issues at home and with mental health. These are the types of issues that a primarily white audience can relate to because these are the issues their privilege allows them to focus on.

This is also why someone like

myself who has divorced parents, a history of mental health problems and grew up poor (in the definition of white poor, which is something entirely different than the definition of poor when it comes to people of color) has a hard time relating to the music of black artists like Kendrick Lamar and Beyoncé.

Kendrick Lamar's 2015 album "To Pimp a Butterfly" is a masterpiece that I appreciate from a purely musical perspective. It is fresh and funky, while Kendrick proves yet again that he is one of the best rappers on the planet right now. But I cannot stress enough how much I cannot relate to the struggles he discusses in his lyrics.

Kendrick is from Compton, California and has a completely different background than myself. On "To Pimp a Butterfly," Kendrick goes from discussing the way the entertainment industry treats black men ("Wesley's Theory"), to the self-hatred many black American struggle with because of stereotypes and misrepresentation in our media and culture ("The Blacker the Berry"), to a song that has become an anthem against police brutality plaguing the country ("Alright").

This club of producers, engineers and singers is most likely not the most diverse group of people.

I don't listen to Kendrick and other artists like Lupe Fiasco, Beyoncé and Chance the Rapper very

often, and background and privilege are a big reason for that.

I believe this difference in world experience (which includes privilege) absolutely plays a role in what transpires at the Grammys every single year.

According to the Recording Academy's membership website, voting members of the Grammys have relatively deep criteria in order to gain a vote in each year's categories, including either being previously nominated or having a certain number of record sales.

However, this club of producers, engineers and singers is most likely not the most diverse group of people since most of the nominations over the past 59 years have been white men and women.

One example is when, at the 2012 Grammys, Bon Iver won the Best New Artist Award for his album titled "Bon Iver, Bon Iver" despite releasing their critically acclaimed debut album, "For Emma, Forever Ago," in 2007. While they still fit the requirements for the category, he beat out hip-hop artists J. Cole and Nicki Minaj, who actually were beginning their known careers.

That same year, Adele won



McKenzie Lakey/The Observer

Song of the Year for "Rolling in the Deep", beating out Kanye West ("All of the Lights") and Bruno Mars ("Grenade").

While Adele also won Album of the Year for her album "21", that year, the case can be made that her win for Song of the Year follows a trend of certain genres of music winning and being nominated for awards that would be more contested if a broader perspective were involved in the voting process.

Other than Beyoncé's Song of the Year win for "Single Ladies" in 2010 and Bruno Mars and Pharrell Williams and Niles Rodgers being featured artists, no person of color has won Song of the Year or Record of the Year since 2005.

This gets more complicated when we look at the Album of the Year category. The last person to win Album of the Year that wasn't white was Herbie Hancock in 2008, and the album was a cover of Joni Mitchell songs, not any original songs.

Before that, the late Ray Charles released an album of jazz standards with many featured artists that won in 2005.

The last originally composed album to win the category by a person of color was Outkast in 2004 for "Speakerboxxx/The Love Below."

While this is not necessarily some sort of proof of institutional racism in The Recording Academy, it brings up my point that musical choice and appreciation has been controlled by our privilege.

Last year, Taylor Swift's album "1989," won Album of the Year over Kendrick Lamar's aforementioned "To Pimp a Butterfly," despite "To Pimp a Butterfly" having overwhelmingly better reviews across the internet and tackling social is-

suues effecting a large portion of the United States' population and still reaching Platinum certification from the Recording Association of America. Not to discredit songs like "Shake It Off" and "Blank Space" by Swift, but the fact that Kendrick can put out an entire album displaying his fears and hopes of himself and Black America was brave, poetic and ultimately a great collection of songs.

But I think past history (Swift won the Album of the Year award in 2010) and lack of an opinion on social issues by voters caused Swift's victory.

Which brings us back to this year's Grammys and the topic of conversation that has been at the forefront of discussion: Adele winning Album of the Year over Beyoncé.

Beyoncé's album "Lemonade" is in much of the same content as "To Pimp a Butterfly." She tackles many social issues, which tied into her Super Bowl 50 performance last year where her costume was heavily influenced by the clothes worn by Black Panthers in the 70s, and

Adele knew how 'Lemonade' made her and millions of other women feel.

also speaking about her own experiences as a black woman.

The album has received a large amount of acclaim as an album empowering women around the world, tying greatly into topics in this country such as the Women's March last month and generally the voices of oppressed and underrepresented groups.

The case can be made, with ease mind you, that Adele deserved the award (I can't necessarily agree with that since I've loved Adele since 2008 when I heard her song "Chasing Pavements" in addition to the fact that we share the same birthday). The drama ensued, however, when Adele received the award and gave a shout out to

Beyoncé.

"I can't possibly accept this award. I'm very humbled and I'm very grateful and gracious, but the artist of my life is Beyoncé," Adele said. "The Lemonade album was so monumental, Beyoncé."

It was so monumental, so well thought out and so beautiful and soul-bearing and we all got to see another side to you that you don't always let us see and we appreciate that."

Adele seems to be in the group of people that understands how important Beyoncé's music was this past year, and despite putting out a great album herself, Adele knew how "Lemonade" made her and millions of other women feel.

These groups include Solange Knowles, sister of Beyoncé, who tweeted Monday the lack of success black artists have had at the Grammys.

"There have only been two black winners in the last 20 years for album of the year," Knowles said. "There have been over 200 black artists who have performed."

Knowles even took it a step further by saying that there should be a movement to create a larger establishment for underrepresented artists.

"Create your own committees, build your own institutions," Knowles said. "Give your friends awards, award yourself, and be the gold you wanna hold my g's."

The purpose of music is to make us feel something, to express emotion from the human experience, and for better or for worse our experiences have an impact on the music we listen to and appreciate.

By each person not acknowledging their privilege, the music industry (and the Recording Academy) will continue to be homogenous and downplay the significance of music to groups that they don't share similarities with.

COBRAHAWK LANDS AT CWU

By **Lindsey Powers & Angelica Bartorelli**

Last Thursday, Feb. 9, the SURC Pit became a powerhouse as CobraHawk performed an hour long set for Central students and faculty- as well as community members- before embarking on a statewide tour. Formed in 2013 as a cover band, the now female-fronted, rock ‘n roll band began writing their own music in 2014 and since won Burgstock, 88.1 the ‘Burg’s Battle of the Bands in spring of 2016. Members Lakyn Bury (vocals), Nat Nickel (percussion), Andrew Burr and Jeff Gerrer (guitarists) engaged in a Q&A session that provided the opportunity for audience members to learn about their music, upcoming tour and hopes for the future.



CobraHawk’s vocalist Lakyn Berry (top), leads the band during the group’s set in the SURC Pit last Thursday.

Photos by Xander Fu

Q: ALWAYS THE MOST CLI-CHE QUESTION: HOW DID THE BAND GET STARTED?

A: We’d known each other a while. Some of us had been in bands together in the past. It was just a matter of timing. Everyone was available and we wanted to do something fun and low-key. We were originally a cover band called Walking Talking Stephen Hawking. Things developed over the years [and] we started writing original music. Then we won Burgstock 4 and that made us start taking the situation a little more seriously.

Q: HOW WOULD YOU DESCRIBE YOUR SOUND? WHAT MAKES IT DIFFERENT FOR LISTENERS?

A: We really sound like friendship. When you hear us play together, I think you can really tell that we have a deep mutual respect for one another. If there’s anything that makes us stand out from other bands, it’s probably Lakyn’s vocals. She’s packing some pretty raw power behind her poppy melodies. Also Devin is pretty good with his fingers.

Q: IS THE HOPE TO MAKE IT HUGE OR DO YOU ENJOY THE LEVEL OF SUCCESS YOU’VE ALREADY ACHIEVED?

A: We’d probably be lying if we said we wouldn’t enjoy a little fame and fortune, but it’s not an expectation. We just take things one step at a time. We’re pleased with the growth we’ve had recently. In a lot of ways this band has already exceeded our expectations. We just finished our first album. That’s not something we ever thought we would accomplish when the band started.

Q: WHO ARE YOUR MUSICAL INSPIRATIONS?

A: There’s a short answer and a long answer. Everyone in the band could give you a pretty long and diverse list of personal influences, but we’ll spare you this time. We each bring something different to the table, but there are also some common threads that we all share. That’s probably what helps us all speak the same language, musically. After a few drinks, we can all agree on Abba, the Grease soundtrack [and] Disney tunes [to name a few]. It’s also hard to ignore the nostalgia for the 90s that’s been present in our culture lately.

Q: WHAT’S SOMETHING INTERESTING FANS WOULD WANT TO KNOW ABOUT YOU?

A: We don’t like each other very much.

CobraHawk is planning to release their first album in March and if you missed their performance, the band has a few upcoming shows booked in Wenatchee and the Yakima Valley. CobraHawk t-shirts and tour information are available at www.cobrahawkband.com. Their newest single “Hot and Bothered” is on iTunes, Spotify and other major digital platforms.

MAD CHAD STUNS THE AUDIENCE

By Beau Kelderhouse
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Last Friday, Feb. 10, CWU students were treated to another celebrity performance during Campus Activities' "CWU Up-Late" event series.

The SURC Ballroom was taken over by Mad Chad Taylor, a juggler and comedian who specializes in daring comedic acts.

Taylor welcomed the audience with a few jokes before beginning his juggling routine. He started with tennis balls and ended with his well-known chainsaw act.

With help from a few audience members throughout the show, Taylor provided the audience with an experience they craved.

This was not the first time Taylor has performed at CWU. He was here several years ago when he first started touring colleges.

"I haven't been here since 2002, so it's been a long time," Taylor said.

Taylor wasn't taught how to juggle, since there weren't any schools or classes for people interested in that particular

style of performance art. Instead he began learning how to juggle after receiving a book on the subject for Christmas.

Once he began to pick up on the technique, he went on to do "simple but fun" street performances on the Venice Beach Boardwalk in California. When he noticed other street performers outside, he knew he could do it too.

"I was only 13," Taylor said. "It was a way to make a few extra bucks."

In order to incorporate comedy he would juggle plungers and various other fun objects.

After performing for a while, a cruise ship agent got ahold of him and offered him a job performing on cruiseships.

"I was able to perform and see a lot of the world," Taylor said. It was a good experience for him. However, it wasn't during his time on the cruise ship that he introduced the chainsaws into his act. Taylor introduced the new element while filming a beer commercial.

"The director thought it [juggling chainsaws] would be cooler," Taylor said.

That was his big break and now he continues to use it as a regular part of his routine.

Taylor is often recognized for his appearance in a Progressive Auto Insurance "Name Your Price" commercial, where he is juggling three chainsaws at a festival when a Progressive customer tries to join in.

"Everybody saw this and it got me more recognizable," Taylor said.

The commercial is one of his favorites, but it is tied with the time that he traveled to the Caribbean for five days to shoot a commercial for Sunkist.

At the close of Taylor's performance, he mentioned the importance of supporting live performances around the community.

"I know we now have smartphones to look things up, but it's good to get out there and see live performances around you," Taylor said.

Trying new things and taking opportunities is what he aimed for when Taylor began his career as a performer, and he inspires his audience members to do the same.

He wants people to go for what they want and go for their dreams. "You won't know unless you try," Taylor said.



(Left) Mad Chad Taylor dodges a 100,000-volt stun gun during his comedic routine in the SURC Ballroom last Friday night.

(Right) Students in the audience are called up on stage to help Taylor climb atop his unicycle in preparation of his knife-juggling routine.

Photos by McKenzie Lakey

Layout by Taylor Morrell



McKenzie Lakey/The Observer

This spoken word artist got booed off the stage during his performance, last year, a tradition for if the audience doesn't like them.

It's Showtime

CWU performers take their acts to the stage in the SURC Ballroom for the annual "Showtime at Central"

"Showtime" from page 01

BSU organizes and sponsors "Showtime at Central" annually as a tribute to Black History Month, and to showcase the diverse talents of the student body. Each contestant will receive a few minutes of stage time. In addition, when performers first enter the stage, they can "rub the stump," an original gimmick from "Showtime at the Apollo." If a participant "rubs the stump," they can perform for 45 seconds before the audience is allowed to react. If not, the audience members can immedi-

ately begin applauding or booing them off the stage. Contestants will come face-to-face with criticism during their time on stage. "I've been booed," said Davis, who performed in the event during her freshmen year. "Regardless of whether we get booed or not, we have the opportunity to perform." Davis estimates that about 18 performers auditioned for Showtime at Central and the majority of those are singers, rappers and dancers.

"Some of our rappers already have a name for themselves," Davis said. "And this is the first time we've had dancers in the show." The audience will decide the winners of the contest and there will be prizes for the top three performers. First place will receive a cash prize and Black Grenade Entertainment—an artist management company and local record label—will award merchandise to second and third place winners. BSU Advisers Mal Stewman and Keith Champagne worked with Director of Student Involvement Andre Dickerson to contract this year's celebrity guest host.

Davis is excited to bring Emmanuel Hudson, a Youtube comedian and cast member from seasons 5-8 of Nick Cannon's sketch comedy series, "Wild n' Out," to CWU for the show. BSU members organized committees to tackle different aspects of the event, such as auditions, stage management and prizes. Members of MEChA (Movimiento Estudiantil Chicano de Aztlán), including ASCWU President Armando Ortiz, will also assist in setting up the event on Saturday. "We want to make [the event] for the school as a whole," Davis said.



McKenzie Lakey/The Observer

Jasmin Washington practices her original ballet about police brutality for this year.

Showtime at Central

When: Feb. 18, 7 p.m.
Where: SURC Ballroom
Tickets: This event is free and open to the public



OBSERVER HEALTH

Ask Dr. H

Dear Dr. H,
I really want to try unprotected sex with my boyfriend for the thrill. Neither of us have STIs so our only risk is pregnancy. Is it wrong to do something you know is stupid, even if you have Plan B (since that should be for emergencies)?

Dear student,

Whew. Kids will do just about anything for a thrill these days, huh? I'm going to go ahead and say it: This is a bad idea. You ask if it's "wrong to do something you know is stupid," but having planned, unprotected sex is more than just a "whoops," it's just plain risky if you don't actually want to get pregnant. As someone whose job it is to minimize health risks, I advise against having unprotected sex just as I would advise against driving without a seatbelt. Yes, people have unprotected sex, and don't get pregnant, just as people drive without a seatbelt and don't die in a car crash. But knowing these outcomes are risks for the behavior, I think we should find other ways to spice up our lives. There's no shame in wanting something thrilling and I'm sure you're not even alone in this particular thrill sounding enticing. While Plan B is very effective in reducing the chance of getting pregnant after unprotected sex, there is always a chance it won't work—and then what? If you really don't want to get pregnant, I just don't think the "thrill" is worth it. Why not get on hormonal birth control or an IUD and have all the condom-less sex you want with your STI-free partner? Why not role play having unprotected sex and talk through the fantasy "risk" of not using protection? Are there other ways of getting a thrill with your partner? If it's the "naughtiness" factor you find thrilling, surely there are other ways of achieving this that doesn't have the potential health impact of an unintended pregnancy: new toys, different positions, other places to have sex, etc. The danger with this particular thrill is that if you

find yourself really enjoying it, long term use of Plan B is not recommended and you will likely get pregnant at some point with the more unprotected sex you have.

Can you exercise too much?

Dear Student,

Yes. You can indeed exercise too much. And in a body-obsessed culture where we put fitness gurus on a pedestal and praise people for their commitment to working out, knowing when enough is enough can be challenging. Exercise is great to maintain healthy physical function, a healthy weight, reduce risk of chronic disease and boost your mood and energy, among others. Too much exercise, however, can diminish performance, weaken the immune system and negatively impact our mental and social well-being. We need enough time in between workouts—and quality rest—to recover because exercise is stressful on our bodies. If you're wondering if you, or a friend of yours is exercising too much, ask yourself these questions: Have you stopped seeing improvement in your work outs or stopped enjoying exercising? Do you exercise when you're sick or injured? Do you feel guilty when you miss a workout? Do you forgo other activities you generally enjoy because you don't want to miss a workout? Do you schedule your day around working out or exercising? These are just a few potential red flags that could indicate an exercise compulsion. We are bombarded with messages in our daily lives that when it comes to exercise, more is better. If you really want to reap the benefits of exercise, however, moderation is indeed better. A healthy relationship with exercise means that you enjoy doing it and don't feel bad about yourself when you miss a workout. You work out because you want to, not because you have to.

Dr. Jill Hoxmeier is a public health professor at CWU. Send anonymous public health and sex-related questions to ask-drh@cwuobserver.com and have them answered here.

Scene

EDITOR: Sarah Hoot | scene@cwuobserver.com

A teacher in the making

PERSON OF THE WEEK

By Lindsey Powers

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College is a time to explore career options, but it is also a time to meet new people and make memories.

Callie Bursey is a senior education and special education double-major.

Bursey said she loved both programs, and because it was going to be impossible to choose between the two, she decided to major in both.

Her current plans after graduation are teaching general education, but hopefully having a mix of special education students.

Bursey believes that CWU has a great education department and she appreciates the dedication and cheerful attitudes of her peers in the program.

“Becoming friends with classmates is my favorite part. When you spend hours with people

in class, you get to know them and you’re able to have jokes and such in class,” Bursey said. “Once class is over and everyone leaves, you have to do that all over again the next class session, so when you can break the mold and keep that friendship outside of class, it’s the best.”

Bursey said becoming a teacher has been a long-time dream of her’s. That is why once she settled into the program she knew that she had found the perfect place for herself.

Her goal for her future in education is to be happy and have an impact on a student’s life for the better.

Bursey lives in a quaint house with 60s themed interior and spacious bedrooms. She shares this with two roommates, one of which is also in the education major, making it so Bursey has a permanent study buddy.

Bursey remembers the day she met her best friend, a girl

who has had a monumental effect on not only Bursey’s academics, but her happiness.

During class Bursey made friends with a girl wearing a burger hat. Once the class was over Bursey stayed to talk with the professor and the burger-hat girl left. After finishing talking to the professor, Bursey headed back home to Sue Lombard.

“Once inside, I’m walking down the hall [and] I see the girl with the burger hat,” Bursey said. “Of course I yell, ‘Hey you!’ and we both freeze. We end up standing and talking for hours and that is what lead to our friendship.”

Seeing a friend outside of the classroom and bucking up the courage to talk to her is what helped Bursey gain such an important person in her life.

Bursey says to not be afraid of what people are going to think of you and to just try and have fun.



Photos Courtesy of Callie Bursey

Condom Catwalk slid into success last Wednesday

OBSERVER REVIEWS

By Daisy Perez

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Last Wednesday, Feb. 8, my roommates and I got a little more dressed up than our usual denim jeans, snow boots and jackets. We curled our hair and I finally wore that deep red lipstick I bought a year ago.

This was my first year attending the Condom Catwalk and it didn’t disappoint or weird me out. The event was held in the SURC Ballroom.

As we arrived, Wellness Center staff handed out glow sticks and clicker remotes so we could answer trivia questions and vote on their favorite outfits.

In the center of the dark ballroom were long, heavy black-and-white drapes that fell behind a large stage that was placed against the back wall.

As the audience took their seats, DJs from 88.1 the ‘Burg blared some Top 40s as red, green and blue projected lights fluttered. Although some seats were empty, I’d say at least 100 people attended the show.

My girlfriends and I wrapped glow sticks around our wrists and laughed as a girl in a thick jacket placed red packaged condoms on her face. We laughed even harder when she managed to stick five of them on herself.

On both sides of the stage were screens that displayed facts about sex, such as how in the 19th century, the first vibrator was created to cure hysteria in women.

There were funny sayings, too, like “a little head never hurt anyone.” My friends and I looked at each other with wide eyes and laughed. It’s good to know, I guess.

Amber Kinsey, a health education intern at the Wellness Center, hosted the show. Her cheesy jokes and cliché dance moves were a crowd pleaser, and I, along with the rest of the crowd, cheered for her.

All 11 outfits displayed a message about safe sex and it was hard to believe that they were made of condoms.

One dress was a colorful yellow, orange and red, knee-length dress that swayed to and fro when the model walked the runway.

Another model wore a dress—inspired by the birds and the bees—of purple and yellow condoms, and while the front was short I was surprised to see a tail of condoms that reached her ankles.

The only male model, Terry Fairchild, wore a George of the Jungle inspired outfit (which, isn’t much).

The audience—who was mostly female—went absolutely nuts when he walked the runway. It’s not difficult to imagine why; his waist was covered by dangling brown condoms.

Although all the designers did an amazing job creating their outfits, I had three favorites. The Princess Leia inspired outfit with the theme “Don’t use the Force,” was clever.

Another girl wore a Rihanna inspired outfit; she wore a figure-hugging black suit with black knee-length heels.

Her long orange condom shawl is what made this outfit. Each condom in the stole was blown up like a small balloon and attached together to create a fashion statement.

The last girl who, although



Jack Lambert/The Observer

wore a dress that was inspired by the theme of abstinence, seemed more like lingerie. Her short blue and white dress was see-through and a red condom rose placed at her waist caught my eye. Even her matching hat was made of condoms.

The show was a great experience. I could see how the show aimed to promote safer sex practices and remove the stigma from condoms.

I thought the idea of a condom show was odd. After going, however, I realize there’s nothing weird about condoms.

Above: Models share the messages behind their outfits, this one was about staying abstinent “but if you don’t that’s OK too.”

Right: Julie Ochoa struts down the catwalk in her outfit that promotes consent.



Xander Fu/The Observer

SPORTS

EDITOR: MITCHELL JOHNSON | sports@cwuobserver.com

Rugby heads to Canada undefeated

By Simo Rul
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The men’s rugby team is undefeated at 5-0 and headed to Abbotsford, B.C. to play Abbotsford Rugby Football Club.

Head coach Todd Thornley likes the way the Wildcats have played early on.

“We’re sticking to our stuff, and doing things the right way. We seem to be making improvements every week,” Thornley said.

There are a few different factors that have helped the Wildcats get off to this fast start.

“Leadership, we got a good group of leaders. Three captains, who are really sort of leading the way and buying into how I want things to sort of be run,” Thornley said. “We’ve just come together really really, well as a team, really, really quickly.”

The rugby teams from Canada have played more games so they present different challenges.

“They’ll be experienced, they’ll be physical and they’ll put us under some good pressure, which will allow us another opportunity to sort of grow and get better as a team.” Thornley said about Abbotsford RFC.

Last year they were one con-

version away from reaching the Varsity Cup final, scoring is a big part of the game.

Senior fly-half Scott Dean has added four conversions. He has managed to help the scoring load.

“Super important,” Dean said. “Anytime we can get points on the board, that’s what we’re trying to do.”

They started off against the Vancouver Rowing Club, winning 35-21 and Lindenwood-Belleville from Illinois, winning 45-12.

Then travelled to Missouri to take on Lindenwood where they came out with a 21-3 win, and faced Valley RFC this past week where they won 50-10.

Going into the Abbotsford game, a big focus is to build on what they have started.

“We’re just trying to get better,” Dean said. “The Canadians play a lot, and they’re really skill full, so it would be a good test for us again.”

Larry Peneueta senior hooker, leads the team with five tries.

Peneueta wants to play tough every game, but how the team does is bigger than any individual accomplishment.

“Each game I just try to play my hardest,” Peneueta said. “Scoring, I don’t even think



Jack Lambert/The Observer
After barely missing the Varsity Cup finals last year by one point the men’s rugby team has outscored opponents 151 to 46 this season.

about scoring really. I just think about the team, and what I can do.”

Peneueta feeds off of the guys around him, and he does not think about the points, those will come with the flow of the game.

“If I see [an] opportunity to score, I’m going to score,” Peneueta said. “Usually I’m trying my best to pass the ball around, and look for opportunities for

my other teammates.”

Peneueta thinks this week is important because they are playing a quality opponent that can help them get better.

“Last game, even though we got a win, as a team we didn’t play very good, we didn’t play our structure,” Peneueta said. “This week, we have time to fix those errors. We’ll see if we improve when we play this team that’s very good.”

Season so far

Game 1: @ Vancouver
Rowing Club - W, 35-21

Game 2: @ Lindenwood-Belleville - W, 45-12

Game 3: @ Lindenwood - W, 21-3

Game 4: @Valley RFC - W, 50-10

“Rivalry” from page 1

WWU, who is currently ranked No. 20 in the nation presents CWU with many challenges each time the two meet up.

WWU’s are led scoring-wise by two seniors. Guard Taylor Stafford leads the team with 21.6 points per game, forward Jeffrey Parker contributes 16.5 points per game.

The team has been struggling with defense and shooting, the two major keys to winning a basketball game. But the team is hoping that with a sold-out crowd and Root Sports there to air the game will give them an advantage.

For the past few years Root Sports comes out to Nicholson

Pavilion to showcase the game giving it the regional spotlight that it deserves. The Wildcats are 1-1 in the past two matchups on Root Sports and each game has been a matter of a buzzer beater.

“We know this is a big week and we played well against them last game, we’re just going to go over what we did last time and do that better,” senior guard Dom Hunter said.

Hunter, who was once one of the top scorers in the nation has since dropped off national rankings. But there’s a new shooter on the team that they hope to get back in time for the game, Naim Ladd.

Ladd has been out the past seven games he has currently suffering from turf toe and was seen practicing Monday, just days before the matchup.

Viks’ vs. ‘Cats

Opponent: Western

Overall Record: 19-5

GNAC Record: 13-3

Place: Nicholson Pavilion

Time: 8 p.m.

Television: Root Sports



Arber Demiri/The Observer
Junior guard Marc Rodgers drives to the basket during a game against Montana State Billings.

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SPORTS

EDITOR: MITCHELL JOHNSON | sports@cwuobserver.com

Lacrosse looks for repeat playoff appearance

By Natalie Hyland

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After eight years without making it to the postseason the CWU Men's Lacrosse club finally made it to the playoffs last season. On top of that, the team broke a four year slump of one-win seasons last season, finishing with a record of 7-7.

"It was the first time we've been to playoffs in seven or eight years," said Ted Trimble, captain and club president. "It was a pretty good turnaround for the program."

The Wildcats were eliminated last year in the first round in double-overtime, but they're back to start this season hungrier than ever. In addition to nine returning players, nine fresh faces join the lineup this season, including eight freshmen and one transfer student.

Evan Schnitzius, who graduated last spring, was the captain for three years and is now returning as the coach.

"I think we have a really high chance of going back and repeating what we did, if not going further," Schnitzius said. "I see the same overall strengths that we had last year in the freshman we have this year."

In order to bring new players up to speed and give them the best chance at a successful season, the lacrosse team practices

four nights a week from either 8 p.m. to 10 p.m. or 10 p.m. to 12 a.m.. Weather permitting they practice on the Alder Complex fields, but when the weather is bad they can be found in the Pavilion Fieldhouse.

"We've been reinforcing accountability," Trimble said. "I know we're a club, but showing up

to practice every day and looking at them as mandatory—instead of optional—builds comradery. Everyone suffers together; everyone succeeds together."

When weather restricts the team to the fieldhouse, they focus on specific drills to prepare for situations they might experience in games.

One of the new faces is freshman Ethan Olson, who chose to attend CWU so he could play for the lacrosse team.

"I already knew a lot of the guys here," Olson said. "I watched a lot of the games last

year and followed them to playoffs. I wanted to be a part of that."

The lacrosse team plays in Division II of Northern Collegiate Lacrosse League. During the off-season, the league experienced some shifting of teams. One of CWU's

toughest rivals this season will be Montana, who dropped from Division I to Division II this season.

The PNCLL is split into two Divisions, the Northern Conference, and the Southern. The Northern Conference is comprised of six teams going into the 2017 season, with the top five moving to

playoffs.

"Our conference definitely has the stronger teams," Coach Schnitzius said. "We have to beat four of them and those are the stronger four teams."

Looking at the big picture,

"I watched a lot of the games last year and followed them to playoffs. I wanted to be a part of that."

-Ethan Olson, Midfielder

"I think we have a really high chance of going back and repeating what we did, if not going further."

-Evan Schnitzius, Coach



Xander Fu/The Observer
CWU lacrosse player Justin Abercrombie runs across the Nicolson Pavilion Fieldhouse during one of their late night practices. Their season gets underway this weekend.

the team agrees that the big goal for the season is to make it to nationals and regain the standing they had nearly a decade ago.

"Western Oregon is definitely one of our teams to look at this season," Trimble said. "They took us out of the playoff last season."

The Wildcats begin their season with a three-game road trip,

facing three tough opponents: , Portland State University, reigning PNCLL champs Southern Oregon University and PNCLL Division I; Washington State University.

"Southern [Oregon] will be our real test," said Trimble. "They're also a top five team and they won the PNCLL playoff tournament."

Vertfest grows into weekend long event

By Andrew Kollar

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For the ninth straight year, Vertfest will be taking place at Alpentel Ski Area on Feb. 19 at 10:00 a.m. Vertfest is not only a rigorous race that will test participants uphill ski touring stamina and present them with the challenge of skiing down double black diamonds, it is also a weekend full of alpine clinics and live music.

Originally a small alpine touring race with 50 or so participants, Vertfest has become a full-weekend fundraiser benefiting the Northwest Avalanche Center (NWAC). NWAC is a valuable resource for backcountry enthusiasts to get the latest report on avalanche danger and up-to-date weather conditions.

Vertfest will be split into two days. Day one — clinic day — will be held on Saturday. Clinics are designed to reach a wide range of people, from those experienced in backcountry to those just getting into the scene. Clinics will include steep skiing techniques, companion rescue, backcountry self-rescue, ski photography and an introductory course to ski-mountaineering.

Saturday will also include free demos of the latest skis and snowboards from sponsors including Black Diamond and Dynafit, as well as live music at the base area, starting at 3 p.m.

Sunday is race day. It will be the true test of physical endurance with a 2,300-foot vertical climb, followed by the descent. Participants in the Recreational, Splitboard and Heavy Mettle class (people over the weight of 200 lbs.) will race to the top of the Edelweiss chair and ski down double black diamond runs, including International and Snake Dance. The elite class will take a second ascent up International and into the backcountry, then they will ski down from Piss Pass.

In the case of Vertfest, participants will be climbing the mountain underneath the chairlift, boot-packing up steep slopes and transitioning between climbing and skiing. According John Sims, a past participant, every part of the race is important, and practicing with climbing skins can play an important role in efficiency.

"Transitioning between uphill and downhill quickly and getting your motions dialed in, where you take you are taking your skis on and off and your skins off. I think that's an area where I could have saved a lot of time," Sims said.

There are multiple reasons why participants compete in an uphill-downhill race in an area that has terrain accessed by chairlifts. Some are there to compete against themselves while others are looking to com-



Rick Meade/Flickr
Skiers getting prepared to head up the mountain from a past competition. Now, it is a weekend full of events up at Snoqualmie.

pete against other participants.

"A race like that, I'm definitely try to compete against the other people and having the ability to physically pass people is really motivating," Sims said. "It gives you a reason to be elitist and say you're better than everyone else."

Last year's participant Caleb Bowman has a different take on the competition.

"It's important to have fun

with it, [but] don't take it too seriously," Bowman said. "I think in this case, since there is a chairlift right next to you, it is more about the competitive aspect, just seeing how far you can push yourself, how fast you can do it."

To register for the outdoor clinics or to sign up for the race visit summitatsnoqualmie.com or visit nwac.us for more information.

Alpentel Vertfest

When: February 19

Time: 10 a.m.

Where: Alpentel Ski Area

How to register:

summitatsnoqualmie.com

SPORTS

EDITOR: MITCHELL JOHNSON | sports@cwuobserver.com

CWU swimmers dive into their season

By Diamond Martin
Diamondnecole@gmail.com

This weekend CWU’s club swim team will be competing at the Lake Washington Masters Invite.

Junior distance swimmer, Kylie Dugan, has been on the swim team for three years. She started swimming her freshman year at Lincoln High School in Tacoma, Washington.

Dugan thought swimming would be an easy sport, but to her surprise it was the hardest thing she has ever done because she is constantly pushing herself in her training. .

Dugan is currently one of the public relations officers for the team. She oversees writing the workouts and helps with the promotions and volunteer work for the team.

“I haven’t been able to compete a lot just because I am busy and can’t make much commitment to the team but there are still a lot of volunteer opportunities I can be a part of,” Dugan said.

The team volunteers with the Thorp High School basketball team, as well as wherever help is needed on campus. For instance, right now they are helping with a biology study.

“Some of us are qualifying, and some are getting close to qualifying for nationals which is pretty exciting, and since we don’t have a coach we have to be self-motivated,” Dugan said.

Junior freestyle swimmer

Conor Schmidt is an officer on the team. He is excited to start swimming in the upcoming meet at Juanita High School in Kirkland, Washington.

Schmidt started swimming his sophomore year at Stanwood High School after not making the basketball team that year, and the season prior he was the manager for the women’s swim team.

“I think last year was probably the best year that I had. This year I am a little slower since it is my junior year and I’m starting to get things going with my major and getting through school,” Schmidt said.

He has gone to nationals the last three years.

The team has gone to the PNA Championship, which is a meet held at the end of the year where teams go to the aquatic center in Federal Way, Washington.

“We don’t really push too hard, you get what you put out of this sport. You can come in and swim a few laps at practice and have fun with people or take it seriously and get a good workout out of it,” Schmidt said.

His freshman year he took swim club seriously. It wasn’t until after he realized that they don’t have a coach, that he started to see this sport as a fun thing to do and taking it more relaxed.

“I wanted to be an officer to show what the club has the potential of being, have some form of leadership to lead the group and overall to get the team to be excited about swim,” Schmidt said.



Xander Fu/The Observer

The CWU swim club will be traveling up to Juanita High School in Kirkland, Washington for their first meet of the season.



CWU competes in GNAC Indoor

By Clayton Huber
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CWU track and field has a lot riding on this weekend, rolling into the GNAC indoor championship.

As the indoor season is coming to a close, CWU athletes are approaching a meet that could be a big opportunity for athletes to qualify for nationals. As of right now three athletes would qualify for nationals, but that is expected to change after this weekend.

The “Top 16 athletes in the nation for indoor is expected to make the national meet in Alabama,” assistant track and field coach Brittany Aanstad said. “Our hope [is] that our athletes can improve their national marks this weekend putting them in the top 16 in the nation.”

As the season is winding down, the athletes that are close to getting national marks, and the athletes who have already met their marks, are feeling beat up.

“At this point we just need to keep our bodies rested and get our mind right for the races. We have trained all year for this and we have to trust our hard work

will pay off,” said senior hurdler Tianna Banfro.

Senior McKenna Emmert is ranked 9th for pole-vault and will be going to nationals. Senior Luke Plummer will be going to nationals for long jump.

Some athletes are looking to get that last personal record (PR) in their final meets before the season ends. A lot of athletes have different events that they race in, and in some cases some events might be a little more important as the season comes down to the wire.

“I am a long time overdue for a PR in the hurdles so I am hoping for that,” Banfro said.

Some athletes are looking for that extra split second that could send them into nationals, and if they don’t succeed they have one more event left after this weekend.

“Mariyah Vongsaveng is only about .1 seconds off from making it to nationals and as little as that may seem its very hard to reach,” Banfro said.

Unfortunately, some athletes are ending their indoor track careers with this meet.

“This is my last indoor meet, so it’s a bittersweet feeling heading into conference. I am ready to see my five years of hard work and determination pay off,” senior jumper Juliana Joy said.



Jack Lambert/The Observer

While only three Wildcats currently qualify for the nationals indoor championships, many are looking to accomplish that this weekend.